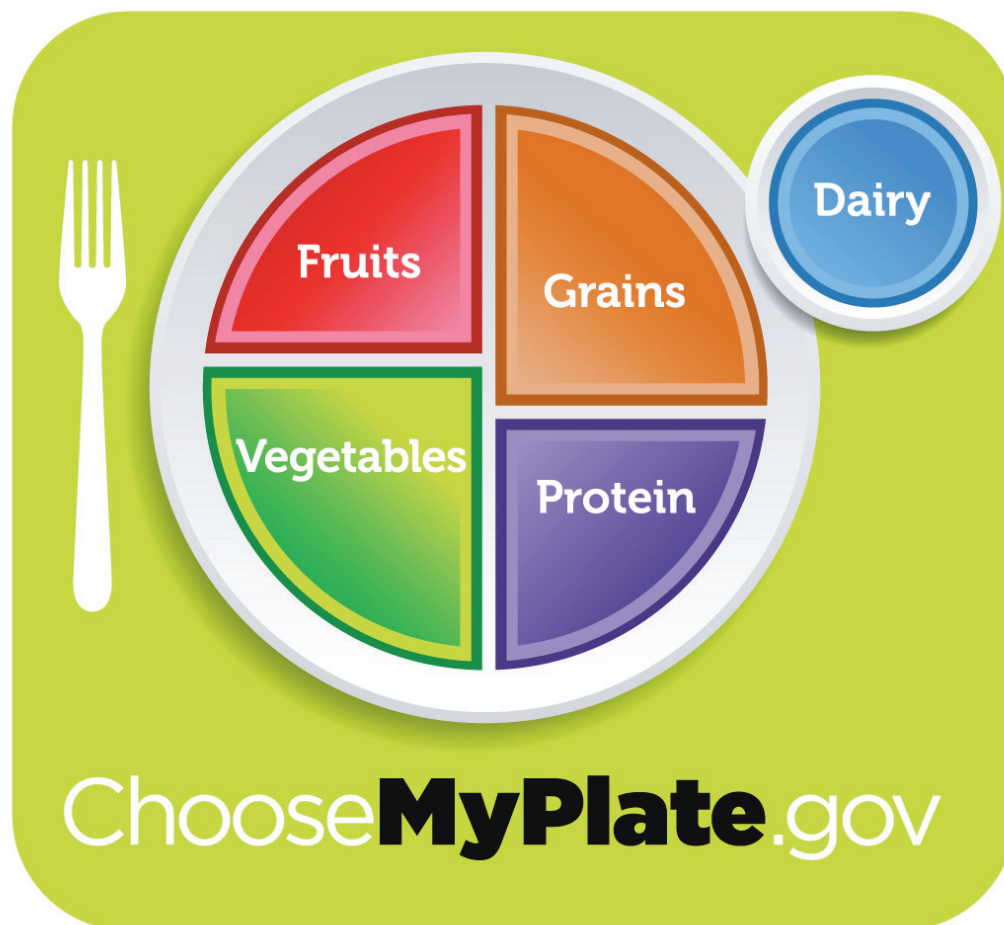


Cornerstone of Good Health:

Build a Healthy Eating Style

Everyone has their own eating style. I can build a healthy eating style that fits me. ChooseMyPlate reminds me to:

- Eat a variety of foods in the right amount from each food group.
- Focus on making healthy food and beverage choices from all five food groups.



Everything I eat and drink matters. Most foods fit into five food groups. Each food group has a color. The colors—
orange purple green red blue
—stand for the five food groups.

When I eat foods from each food group every day and limit added fats, sugar, and salt, I have a healthy diet.

When I make wise food choices and have physical activity (like walking or sports) every day, my lifestyle is healthy.